

# The Dairy Group

**Objective:**

- Students will be able to identify the dairy group as one of the food groups on MyPlate.
- Students will be able to identify foods that are classified as milk or dairy products.

**Materials Needed:**

- *Milk, Yogurt and Cheese* by Emily K Green. A basic introduction to the health benefits of milk, yogurt and cheese.
- Pictures included in the lesson:
  - Healthy Foods
  - Three images of Power Panther
  - Slurp
- MyPlate poster
- One paper bag
- Sheet of 8½" x 11" paper for each student.

**Learn:**

1. Introduce the lesson by showing the pictures of Power Panther and Slurp. Tell the students their names and that Slurp is Power Panther's nephew, so they are a family. Ask the students if they can guess how Power Panther and Slurp get powered up so they can do their favorite things like riding their bikes and skate boards.
2. Indicate that Power Panther and Slurp get their energy by making choices from all of the food groups. Foods belong to groups because they provide similar nutrients that keep us healthy. Give the example that milk, cheese and yogurt have calcium for strong bones and teeth. Be prepared to explain the meaning of a *nutrient* if students do not understand this term. (A nutrient provides energy for your body.)
3. Show the picture of MyPlate and have the students name the food groups.
4. Read *Milk, Yogurt and Cheese* by Emily K. Green.

**Activity:**

1. Explain that you are going to practice naming the food group that different foods belong to. Indicate that students will draw a picture of a food from your bag and will name the food's group. When a dairy product is drawn and named, reinforce that it provides calcium for strong bones and teeth. Use additional food pictures for greater variety.

**Reflect:**

- Ask the students if they remember why foods are grouped together. (They provide similar nutrients that keep us healthy.)
- Ask what nutrient is found in foods in the dairy group that helps build strong bones. (Calcium)

*Continued on back*

**Apply:**

- Using a paper plate and the MyPlate poster as their guide, have students draw a picture of a meal that has a food from each food group. If there is time, have them show their pictures and name the foods in their meal.

**Extend the activity:**

***Social studies*** – Read and discuss the book *When Chocolate Milk Moved In* by Ken Harvey.

Book description: The residents of this magical refrigerator live peacefully together until a newcomer arrives in the “fridge.” But the Odor Boys, always sniffing for trouble, suggest maybe there is something wrong with the new arrival because he looks different. Now it’s up to the wise Icicle Pops to teach their friends a valuable lesson about love and diversity.

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